



CLEAN SPORT

100% ME

100% me is UK Anti-Doping's education programme for athletes in the UK. Our role is to support you to be clean, stay clean and believe that all others are clean too.

The **2013** advice card is a quick-reference guide to provide essential anti-doping information. It's useful to keep with you at all times to help make decisions relating to your anti-doping responsibilities. You may also find it useful when speaking to your doctor or pharmacist.

100% ME

100% me provides advice and guidance to support you throughout your career as a clean athlete. The programme celebrates clean sport and highlights that there is no secret ingredient or any short cuts to your success.

You will no doubt embrace the values of **100% me** which are:

- Hard work
- Determination
- Passion
- Respect
- Integrity

You can find out more on the website at www.ukad.org.uk/athletes and join our community on Facebook at www.facebook.com/100percentme.uk

UK ANTI-DOPING

Clean sport is our vision. Athletes have the right to compete in sport knowing that they, and their competitors, are clean.

UK Anti-Doping is responsible for overseeing clean sport in the UK. We work to prevent, deter and detect doping in sport, and prosecute those who fail to adhere to the UK anti-doping rules. We work with a range of partners, including your National Governing Body (NGB), to keep sport clean from banned substances and methods.

Clean sport needs you to play your part. Ensure you always train and compete cleanly, follow the anti-doping rules and remember the principle of strict liability at all times.

WHO ELSE IS IN ANTI-DOPING?

WADA: World Anti-Doping Agency – promotes, coordinates and monitors the fight against doping in sport in all its forms. It is responsible for the publication of the World Anti-Doping Code.

IOC/IPC: International Olympic Committee and International Paralympic Committee – responsible under the Code for all anti-doping functions during the Olympic and Paralympic Games, including the testing programme and sanctioning those who commit an Anti-Doping Rule Violation (ADRV).

IFs: International Federations – required under the Code to conduct in- and out-of-competition testing, review TUE applications, provide education, and may handle results and sanction athletes who commit an ADRV.

MEOs: Major Event Organisations – responsible for any regional, international or continental event (e.g. Commonwealth Games) and implement any anti-doping policies and rules for that event.

COVER

Anti-doping is your responsibility – don't ignore it or delegate it

WHAT IS ANTI-DOPING?

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What is Anti-doping?

Anti-doping is about ensuring all athletes have available to them the knowledge, behaviours and resources to prevent an anti-doping rule violation and protect the integrity of sport.

Responsibility

Strict liability: You are responsible for any banned substance found in your system, no matter how it got there or whether or not you had an intention to cheat.

What are your responsibilities?

- You must:**
- know, and comply with the anti-doping rules
 - stay up to date with the latest Prohibited List
 - check any medication before you take it
 - tell your doctor and other support personnel that your medication must comply with the Prohibited List
 - have a Therapeutic Use Exemption (TUE) in place if required
 - make yourself available for testing
 - keep your Whereabouts accurate and up to date at all times, if you are required to provide them.

THE RULES

Anti-doping Rule Violations (ADRVs)

You may have committed an anti-doping rule violation if you:

- return a positive test
- use, or attempt to use, a banned method or substance
- refuse or fail to provide a sample when requested
- tamper or attempt to tamper, with any part of the testing process
- possess a banned substance or method
- traffic, or attempt to traffic, any banned substance or method
- administer, or attempt to administer a banned substance or method to an athlete; or encourage, aid or cover up any involvement in an anti-doping rule violation
- receive a combination of three filing failures or missed tests in a time period of 18 months (if you are part of the registered testing pool).

THE WORLD ANTI-DOPING CODE AND PROHIBITED LIST

The Code is the international set of anti-doping rules. National Anti-Doping Organisations (NADOs) such as UK Anti-Doping, IFs, MEOs and your NGB will develop rules aligned with the Code.

The 2013 Prohibited List

The WADA Prohibited List is updated each year. It is effective from 1 January 2013. The List identifies substances and methods that are banned in-competition only and those banned at all times. Additional substances are also banned in specific sports. Check what applies to your sport. You should familiarise yourself with the categories on the Prohibited List. If you are in any doubt as to which substances and methods are banned, seek advice from UK Anti-Doping. You will find the WADA Prohibited List at www.wada-ama.org.

Remember: the Prohibited List may be updated throughout the year. The link above will always show the most up-to-date information.

Key points to note – changes for 2013

- **Formoterol:** The permitted inhaled dose of formoterol (a medication found in asthma

inhalers) has increased from 36 micrograms to 54 micrograms over a 24 hour period

- **Beta-blockers:** Beta-blockers are no longer prohibited in the sports of aeronautics, boules, bridge, ninepin and tenpin bowling, and power boating
- **Stimulants:** All athletes and support personnel are again reminded that all substances, in particular many stimulants (often branded as legal highs), may be referred to by several different names. UKAD continues to highlight this risk in relation to methylhexanamine, and the 2013 List sees a further example in **methylsynephrine** added as a different name for the prohibited; substance oxilofrine
- **Anti-diabetic drugs:** Insulin remains prohibited; however, amendments to the list have been made which mean that other anti-diabetic drugs (including for example exenatide and liraglutide) are not prohibited
- **Monitoring Programme:** in order to reveal potential patterns of abuse, **tapentadol** has been added to the Monitoring Programme in 2013 under in-competition narcotics.

MEDICATIONS

GLOBAL DRO AND CHECKING MEDICATION



Before taking any medication, **you must** check it on Global DRO (Global Drug Reference Online). Global DRO is an online service that allows you to check the status of a licensed medication bought in the UK, USA or Canada.

Remember: you cannot use Global DRO to check herbal remedies or supplements.

Check your medication at www.globaldro.co.uk.

Tell medical personnel you're a competing athlete. **Check** all medications yourself.

Ask for reassurance on decisions you make.

MEDICATION RECORD

Name of medication

Dosage

Last taken/ How often I take

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

THERAPEUTIC USE EXEMPTIONS (TUEs)

If you need to use a banned substance or method to treat a genuine medical condition AND there are no reasonable alternatives, you may apply for a TUE.

If you require a TUE, you will need to provide medical evidence – without it, your application will not be reviewed. Your doctor will need to help you complete your TUE form. It can take a maximum of 30 days for a decision on a TUE application.

For more information on TUEs, see the UKAD website or contact your NGB.

Key points to note

- There may be specific conditions you have to meet in order to obtain TUE approval
- You must follow all TUE procedures to avoid your application being rejected
- If your TUE has expired or is withdrawn, it will no longer be valid
- You must stay within the restrictions of your TUE approval at all times
- If you do not have a TUE in place and you are required to, you may have committed an ADRV.

TUEs

I have TUE for _____

Issued by: _____

Valid from: _____

Expires: _____

Ref No: _____

I have TUE for _____

Issued by: _____

Valid from: _____

Expires: _____

Ref No: _____

MAJOR GAMES, EVENTS OR TRAINING ABROAD

If you are competing abroad you should remember these top tips:

- Always check the anti-doping rules to find out the in- and out-of-competition periods and the body responsible for testing
- You may be required to provide Whereabouts during a Major Games, so always ensure you let the relevant person know of any changes
- You have the right to locate an interpreter (if required) for assistance at notification and during the testing procedure
- Check all your medication prior to travel and take a supply with you to last your trip
- Check the medication can be carried through customs. Seek advice from a doctor if you are unsure
- Take extreme care if you buy medication abroad. Check the ingredients on Global DRO
- Check the process for declaring and/or obtaining a TUE at the event
- Supplement risks are the same in all countries
- Be as vigilant as possible when buying and eating food abroad.

SUPPLEMENTS

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There is **NO** guarantee that any supplement is free from banned substances.

Contaminated or mislabelled supplements are one of the main causes of positive tests in the UK. Remember you are strictly liable for any banned substance found in your system, whether there was an intention to cheat or not.

You are **strongly advised** to be very cautious if you choose to use any supplement.

Why is this?

- Many supplement products do not display or describe all the ingredients on the label.
- There is a risk of contamination when supplements are manufactured.

Be wary of any supplement products that claim to contain 'no banned substances' or are endorsed as safe for athletes to use.

What should you do?

Assess the need

- Is it absolutely necessary to take the supplement?
- Always obtain expert nutritional advice.

Assess the risk

- YOU are ultimately responsible for any banned substance found in your body, and for the use of any banned method or substance.
- Are the consequences worth it?

If you choose to use supplements, you need to assess the risk to your career.

THE INFORMED SPORT PROGRAMME



www.informed-sport.com is an independent risk-minimisation programme that can help you decide whether to take supplements. Informed-Sport screens supplement products and checks for the presence of some banned substances.

Remember: Please note this does not guarantee a supplement is safe, it only helps to minimise the risk.

You must ensure that any products you buy have the same batch number as the products that have been tested. Contact your NGB or UKAD for further advice on the risks associated with using supplements.

SUPPLEMENTS RECORD

Brand: _____

Batch number: _____

Manufacturer: _____

Flavour: _____

How often/Amount: _____

Brand: _____

Batch number: _____

Manufacturer: _____

Flavour: _____

How often/Amount: _____

TESTING

WHO CAN BE TESTED?

If you are competing in the UK, no matter what level you are, you can be tested in-competition and out-of-competition...in essence, any time, any place.

WHAT HAPPENS IF YOU REFUSE?

If you fail or refuse to go to the doping control station after you have been notified or fail to provide a sample, it will be treated as a refusal. This refusal could lead to an anti-doping rule violation.

WHAT DOES THIS MEAN?

If you break any one of the eight anti-doping rules, you could be excluded from taking part in any future sporting event and have your results from competitions disqualified.

COMPETITION PERIODS

In- and out-of-competition periods

In-competition testing

This takes place in connection with a sporting event. Testing can take place up to 12 hours before a competition, during and until the end of the competition, and any related doping control processes. For major events there may be changes to this in-competition period, so before a sporting event, you should familiarise yourself with the rules of the competition.

Out-of-competition testing

This takes place at any time of the year and at any location, including your home, your training location or even overseas.

Remember: A substance may be banned in-competition only. It does not matter when you take this substance, if it is banned in-competition and it is found in your system after an in-competition test you will return a positive sample.

WHAT ARE YOUR RIGHTS?

During the testing process, you have the right to:

- be notified by a Chaperone or Doping Control Officer (DCO) with official identification and evidence of his/her authority from an official anti-doping organisation
- be accompanied to the Doping Control Station by a representative of your choice, and an interpreter if required and available
- be observed during the provision of your sample by a DCO/Chaperone of the same gender as yourself, where you are providing a urine sample
- give comments or ask for additional information on the testing procedures
- receive a copy of the Doping Control Form (DCF) after the test has finished
- confidentiality – no name should be on any documentation that is to be sent to the laboratory
- request a delay (see next panel).

CAN YOU REQUEST A DELAY?

Yes. You are entitled to request a delay in reporting to the Doping Control Station for the following reasons:

In-competition

- To obtain photo identification
- To attend a medal ceremony
- To fulfill media commitments
- To receive medical treatment
- To compete in further events
- To warm down
- To locate an interpreter/representative.

Out-of-competition

- To obtain photo identification
- To locate an interpreter/representative
- To complete training
- To receive medical treatment.

You are also entitled to request a delay for any other exceptional circumstances but the approval of any delay is at the discretion of the person who notified you (i.e. the DCO or the Chaperone).

WHAT HAPPENS IN A TEST?

SAMPLE COLLECTION PROCEDURE



Notification

- A Chaperone/DCO will notify you that you have been selected for testing. They will show their ID to confirm who they are and ask to see your photographic ID.

Reporting for doping control

- After notification, you must report immediately to the doping control station. You may only request a delay for one of the permitted reasons.
- A Chaperone/DCO will accompany you to the doping control station. It is your responsibility to remain within sight of the Chaperone/DCO at all times.



Providing a Sample

- Select an empty, clean and sealed sample collection vessel.
- At all times throughout the doping control procedure, make sure your collection vessel is in sight.
- A DCO will **directly observe** the provision of your urine sample, which must be at least 90 millilitres.
- Pick from a selection of sealed sample bottle kits containing two bottles, A and B. Check that your kit is clean and empty and has not been tampered with.



- Under the instruction of your DCO, divide your urine sample between bottles A and B, then tightly seal the bottles.
- You have control of your sample. The DCO should not handle the sample equipment unless you ask them to do so or the sample is already sealed.
- Once you have sealed the bottles, place them in the plastic bag, then into the storage box.
- The concentration of your sample will be checked. If it is too dilute, the DCO will record this on the Doping Control Form (DCF) and you will be asked to provide another sample.

YOUR RESPONSIBILITIES

A reminder of your main responsibilities in the testing procedures.

You must:

- remain in direct observation of the DCO/Chaperone at all times from the point of notification until the completion of the testing procedure.
- produce your identification.
- comply/undertake the test.
- report immediately for a test unless there are valid reasons to request a delay.

Top Tips for Testing

- You should always take a representative with you – give your representative this advice card.
- Always carry photo ID in your kit bag.
- Follow your normal hydration routine. Your urine sample will be tested for its concentration level, if too dilute you may need to provide further samples.
- Always inspect the testing equipment you choose. Check seals are intact and have not been tampered with.

- You should write on the Doping Control Form (DCF) any medications and supplements, including over-the-counter medicines, multi-vitamins or herbal remedies you have taken in the last seven days.
- List all the substances you take on this card and keep it in your kit bag.
- You can ask the DCO any questions about the procedure but they will not be able to advise on which medicines and supplements to record.
- If you need to contact someone to confirm your current medication, ask the DCO for advice.

I HAVE A DISABILITY

For **athletes** with a disability, samples will be collected in line with the testing procedures on this advice card, unless any modifications are required due to their disability. You can find out more from the UKAD website, by downloading the 'Sample collection procedures for athletes with a disability' leaflet.

I AM UNDER 18

If you are under the age of 18, you are strongly advised to have a representative with you. You will be notified for testing in the presence of a second adult. During the testing procedure, the DCO will be accompanied by another member of doping control personnel. They will not view you giving the sample, they will only observe the DCO for your protection. Find out more on the UK Anti-Doping website.

ATHLETE BIOLOGICAL PASSPORT (ABP)

The ABP relies on the use of blood samples to record and monitor your individual biological variables found in the blood.

What is different from standard testing?

The ABP, unlike other tests, looks for the effects of doping on the body rather than a specific substance.

How does it work?

The ABP works by comparing your blood variables, such as your red blood cell count, over a period of time to see if there are any significant changes when compared with your normal levels.

How long is your data stored?

Your testing data is stored in the Anti-Doping Administration & Management System (ADAMS) for a maximum period of eight years.

Should you have any concerns relating to your testing data you can discuss this with UKAD, WADA or your IF.

SAMPLE COLLECTION PROCEDURE



Recording and certifying sample information

- The DCO uses a Doping Control Form (DCF) to record your A and B sample bottle numbers.
- On the DCF you are asked to provide information on the following:
 - Any medications or supplements taken within 7 days of the test
 - Any TUE that you may have in place
 - If you have had any blood transfusions in the past 6 months.
- Check that the information on the DCF is accurate.



- Sign the DCF, once you are happy all the information is correct.
- Check the laboratory's copy of the DCF does not include any of your personal details.
- Keep your copy of the DCF in a safe place for future reference.

PROVIDING A BLOOD SAMPLE

A blood test follows the same process as a urine test, with a few alterations:

- Before you give a blood sample, you are required to sit down for a minimum of 10 minutes. If you have just been exercising you may need seated rest for a maximum of two hours prior to the sample being taken.
- The Blood Collection Officer (BCO) will choose the most suitable vein for collection and blood is then withdrawn (the same amount that would usually be necessary for a routine blood test).
- The required number of vacutainers (tubes) will be filled with blood.
- The BCO will remove the needle, place cotton wool on the site and give you a plaster.
- Samples will be stored and transported at a controlled temperature between 2-8°C.

Don't panic! **All blood tests are conducted by a professional Phlebotomist** and they only withdraw a small amount of blood, less than a tablespoon, so you should not suffer any ill-effects from the sample collection.

back cover

NATIONAL REGISTERED TESTING POOL

WHEREABOUTS

The Whereabouts system is essential to protect the integrity of sport. Simply put, Whereabouts is about openness and transparency, promoting you as a clean athlete.

WHO NEEDS TO PROVIDE WHEREABOUTS?

Any athlete on a Registered Testing Pool (RTP) needs to provide Whereabouts information. You may be on UKAD's RTP and/or the RTP of your IF.

WHAT INFORMATION DO I NEED TO PROVIDE?

- A 60-minute time-slot for every day of the year
- Address of your overnight accommodation for each day
- Any regular activities (training, work, etc.)
- Your competition schedule

WHEN DO I HAVE TO DO THIS BY?

You will need to make four quarterly submissions for 2013:
Q1: By 23:59 on 31 Dec 2012
Q2: By 23:59 on 31 March 2013
Q3: By 23:59 on 30 June 2013
Q4: By 23:59 on 30 Sep 2013

WHAT IF THINGS CHANGE?

That's okay – you can amend your Whereabouts at any time on ADAMS.

In an emergency you may text, call or email an update up to one minute before your 60-minute time slot is due to begin.

Essential information

www.myadams.co.uk
SMS: +44 (0) 7786 202 407
T: 008000 943 7378
E: athlete@ukad.org.uk

TOP TIPS FOR UPDATING YOUR WHEREABOUTS

- Set a reminder on your phone before your 60-minute slot is due to start – e.g. 'do I need to update?'
- Always try and update your whereabouts in ADAMS
- Make sure your contact details on ADAMS are up to date – phone, email and mailing address
- Your 60-minute time slot must be between 6am – 11pm
- Contact us if you have any questions or are unsure how to update.

KEEPING SPORT CLEAN



KEEPING SPORT CLEAN

We all have a responsibility to help keep sport clean and protect its integrity. If you see anything suspicious or know of any doping-related activities, please call us in confidence on **08000 32 23 32**.

If you feel uncomfortable talking to someone, please complete the online form at <https://secure.crimestoppers-uk.org/ukad/>. Any information is critical.

Why bother?

- This could mean a selection place for you, or not.
- This could mean standing on the podium and hearing the national anthem played for you as you receive your medal, or... receiving your medal in the post.
- This could mean a sponsorship deal for you, or not.

If you don't want someone to steal what is rightly yours then make the call.

BEING SQUEAKY CLEAN



Show your support and join our clean sport community.

Follow 100% me.

Twitter:
[#ukantidoping #cleansport](https://twitter.com/ukantidoping)

Facebook:
www.facebook.com/100percentme.uk